



最易上手 AP 考试自学资源手册 / AP Self-Study Resource Guide

AP 科目 AP Subject	难度 (1 - 5) Difficulty (1 - 5)	可获得大学学分 University Credit Potential	推荐学习资源 Most Effective Resources
AP 中文语言与文化 AP Chinese Language and Culture	2	最多可获得 8 学分 Up to 8 credits (depending on score and university)	HelloChinese, Du Chinese, College Board AP Classroom, Practice Exams
AP 法语语言与文化 AP French Language and Culture	3	最多可获得 8 学分 Up to 8 credits (depending on score and university)	TV5MONDE, Français Facile, College Board AP Classroom, Albert.io
AP 心理学 AP Psychology	2	3 - 6 学分 (入门心理学) 3 - 6 credits (Intro Psych)	Crash Course Psychology (YouTube), Barron's AP Psych, Quizlet, 5 Steps to a 5
AP 人文地理 AP Human Geography	2	3 学分 (入门人文地理) 3 credits (Intro Human Geography)	Crash Course Geography, Kaplan AP Human Geo, Fiveable, Practice Tests
AP 环境科学 AP Environmental Science	3	3 - 4 学分 (入门环境科学) 3 - 4 credits (Intro Environmental Science)	Bozeman Science, Princeton Review AP Env Sci, AP Classroom, Practice FRQs
AP 比较政府与政治 AP Comparative Government & Politics	3	3 学分 (政治学选修) 3 credits (Political Science elective)	College Board AP Classroom, Comparative Government by Ethel Wood, YouTube lectures
AP 统计学 AP Statistics	4	3 - 4 学分 (入门统计学) 3 - 4 credits (Intro Statistics)	Khan Academy, Stats Medic, The Practice of Statistics (textbook), AP Classroom



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自学建议 / Usage Tips

- 制定固定的每周学习计划，确保在四月前完成所有单元。
Create a fixed weekly schedule to cover all units before April.
- 注重主动练习：使用抽认卡、自由回答题（FRQs）和选择题进行训练。
Focus on active practice: flashcards, FRQs, and multiple-choice drills.
- 每 2 - 3 周进行一次自测，检查学习进度。
Take self-tests every 2 - 3 weeks to track progress.
- 结合多种资源：视频帮助理解概念，教材提供深入内容，AP Classroom 对应考试格式。
Combine resources: use videos for concept clarity, textbooks for depth, and AP Classroom for alignment with exam format.

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